



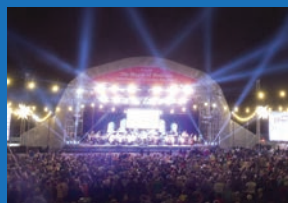
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Beach
returns



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Strong
minds



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Under the
Stars music

the newham mag

issue 346 // 29 July – 11 August 2016 // Every fortnight



Enjoying
golden
moments

All winners in the
Great Newham
London Run (p8)

Look out for the next issue from **12 August 2016.**

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News

New centre for community on the way

A state-of-the-art community neighbourhood centre is being developed in Canning Town that will help residents get more involved in their local area.

Newham Council is undertaking a £2 million project to transform an empty building in the newly-regenerated Rathbone Market in Barking Road into a modern centre that can be used by the whole community.

It will play host to a range of community initiatives as well as showcasing the wide range of activities and clubs residents can be involved in. It is part of the council's drive to bring communities together.

The new centre, which is expected to be completed next year, will include spaces available for hire by residents and groups. A kitchen will be available to allow people to cater for parties or events.

Canning Town Library, currently opposite the market, will move into the building. As well as books, films and CDs available for loan, people will have access to more than six million titles through the London Library Consortium, which enables libraries from across the Capital to share items.

Other facilities at the new centre will include areas for studying and reading, for self-check-in and out of items borrowed, access to computers and free wi-fi, public toilets and baby-changing facilities.

There will be screens throughout the centre informing people of the range of

events taking place in the building and local community.

Councillor Ken Clark, Cabinet member for building communities, public affairs, regeneration and planning, said: "This centre will help people play full and active roles in the community and local area. It will be a modern venue for people and groups to use and meet.

"The building is currently only a shell and extensive work is going on to turn it

into a modern community neighbourhood centre. This is a hugely exciting project and I hope residents will make full use of it when it becomes an integral part of the community."

Last year Newham Council's community centres hosted more than 6,000 events which had more than 100,000 individual visits. The council is looking at uses for the current Canning Town Library building when the new centre opens.



Cllr Clark outside the centre with Cllr Idris Ibrahim, right, lead member for Custom House and Canning Town community neighbourhood, and Cllr Forhad Hussain, left, Cabinet member for crime and anti-social behaviour and deputy member for building communities

£2 million state-of-the-art centre taking shape

News

Police and pupils on the arts beat

Visitors to Forest Gate Police Station will now be greeted by works of art completed by children from local schools.

The works are part of a project, supported by Newham councillors, to help police officers engage with children. Pupils at Woodgrange Infants School and Godwin Junior School were asked to create pieces to display at the police station in Romford Road.

Pc Darren Farr from the police's Forest Gate safer neighbourhoods team came up with the idea after seeing work from people of all ages at last year's Forest Gate arts trail. He said: "I thought it would be great to put up something permanent in the police station."

Forest Gate North ward councillor Seyi Akiwowo said: "The children have done some amazing work. I hope the project instils confidence in young people that they can talk to police officers at any time."



Cllr Akiwowo and Pc Farr with the children



Councillors launch the reading challenge

Reading challenge is streets ahead

More than 600 residents in North Street, Plaistow, came together for a summer fun street party and to help launch Newham Council's annual Summer Reading Challenge in their area.

Resident Chantal Bhoothoo received a grant from the council's Let's Get The Party Started fund to organise activities outside Plaistow Library that included a bouncy castle, boxing, face-painting, balloon-modelling, chess, magic tricks and a coconut shy.

The council's Plaistow community neighbourhood team partnered with the residents to launch the reading challenge inside the library. This year it marks the 100th anniversary of the birth of author Roald Dahl. More than 200 children signed up to take part and 500 Dahl titles were borrowed from the library. For details visit www.newham.gov.uk/readingchallenge

Councillors Forhad Hussain, Joy Laguda, James Beckles, Aleen Alarice and Neil Wilson, attended the event. Councillor Hussain said: "It was good to see people getting together to have fun."

200 children join the Summer Reading Challenge

...in brief

Revamped store is open for business

Newham councillor Terence Paul cut the ribbon to officially open the newly extended and refurbished Lidl supermarket in High Street North, East Ham.

Lidl UK have spent more than £1 million on the refurbishment to offer customers with a much improved shopping experience, including more tills.

Olu Johnson, Lidl UK's regional head of property, said: "We are constantly reinvesting into our existing stores as well as building new ones. We are excited to introduce the refurbished store to the community in East Ham."

Lidl have been using Newham Council's employment service Workplace to recruit staff, who are all paid the Living Wage. Councillor Paul, mayoral adviser for skills and adult learning, said: "The refurbished store represents an investment in the East Ham area and a commitment to employ local people as well offering better facilities for residents who shop there."



Cllr Paul cuts the ribbon

Result of by-election

Labour Party candidate Anamul Islam was elected to the vacant seat in Forest Gate North ward at a by-election on 14 July with 1,150 votes.

Elisabeth Jane Whitebread representing The Green Party polled 681 votes, Conservative Party candidate John Oxley polled 301 and Liberal Democrat James Alan Rumsby polled 57. The turnout was 21.35 per cent.

The vacancy was caused by the resignation of councillor Ellie Robinson who accepted a job with the Mayor of London.

Discuss policing matters

Newham Police are inviting residents and business owners to attend two community meetings to discuss local issues and crime statistics.

The first takes place in Canning Town on Monday 1 August at 7pm in the Crowne Plaza Hotel, Western Gateway, E16. The second is on Thursday 11 August in Upton Park at 6.30pm in Green Street Library, 337-341 Green Street, E13.

Both meetings are run by local residents working with their police safer neighbourhood teams.

New chapter for improved library

Users of Plaistow Library will be able to enjoy enhanced surroundings after Newham Council carries out repairs and redecoration of the building.

The library, in North Street, will be closed from 19 September until the week of 17 October for repairs to the roof. Interior walls will be repainted and a new carpet laid.

The dates of any items due to be returned to the library while it is closed will be extended until 29 October. Alternative arrangements are being made for groups who meet at the library. For more information visit www.newham.gov.uk/libraries

Lengthy gas main works

The National Grid have begun gas main replacement works along the length of Green Street between Forest Gate and Upton Park, which will take 52 weeks to complete.

The first phases are under way at the junctions of Barking Road and Romford Road. As work progresses, traffic management will be required in Green Street and some side roads will be closed with signed diversions, or made one-way. Residents will receive letters from the National Grid.

Enhanced surroundings set for Plaistow Library

Mayor's view

Success in the long run

Days like the Great Newham London Run and Family Run show the real value of the investment that Newham Council made to become co-owners of the former Olympic Stadium.

It was fantastic to see our residents, young and old, taking in the sights of Queen Elizabeth Olympic Park before finishing in the Stadium. It is the only chance many of us will get to run in an arena that has been graced by so many legends.

The feeling you get as you enter the Stadium is quite magical. It is precisely why the £40 million investment we made, and will get back with interest, to help make it a multi-purpose venue benefiting our community, was the right thing to do.

"To see the greatest Stadium in the world used in this way to inspire children to enjoy running is the Olympic legacy in action."

I started the main race with Newham's very own Olympian Christine Ohuruogu and inspirational young runner Rio Woolf, who at just eight years of age is already showing signs of being a successful

Paralympian of the future.

I spoke to many residents before, during, and after the race and also as I watched the shorter fun run for families. Some told me that they'd never even run for a bus before, but were inspired to take part because it meant being able to finish in the Stadium. For them, it wasn't about being fast, it was all about participating in such a great day, thanks in part to the free places we were able to offer to 1,000 of you in the longer race and 500 in the family event.

We are committed to ensuring a lasting legacy from the 2012 Games and that's why we continue to invest in sports facilities and activities across the borough, like the recently reopened Atherton Leisure Centre in Stratford and our Every Child a Sports Person programme.

Just a couple of days before the Great Newham London Run, around 1,900 of our young people, and others from across the country, also had the chance of a lifetime to run a 2km race in the Stadium.

The GO Run for Fun event showed them just how much fun running can be. It was also a lesson for their teachers on how easy it can be to build running into the school day every day.

To see the greatest Stadium in the world used in this way to inspire children to enjoy running is the Olympic legacy in action. Children should have a chance

to try different sports. I don't mind if it is running, or rowing, or rugby. As long as they are getting out and doing things, that is what's important. If we are to help them lead healthy lives in the future we have to get them active from an early age.

And if that wasn't inspiration enough, 100 of you and 40 of our looked after children were able to watch legends of the track Usain Bolt and Mo Farah in the Müller Anniversary Games as part of our commitment to offer residents opportunities to enjoy events in the Stadium for free.

"We will continue to build on the success of the Stadium and the Great Newham London Run, which grows in popularity every year and is part of that journey."

We will continue to build on the success of the Stadium and the Great Newham London Run, which grows in popularity every year and is part of that journey. It is extremely well organised by our partners at the Great Run Company and together we will make it the biggest running event in the country.



Sharon Teasdale Mellid from East Ham collects her free tickets



Stadium run is just Great

Newham residents of all ages created their own golden moments when they crossed the finishing line in the former Olympic Stadium at the end of the Great Newham London Run and Family Run.

They were among 15,000 who became the first to see the new track in the transformed arena. They were set on their way by race starters Mayor Sir Robin Wales, Olympic gold medallist and former world champion Christine Ohuruogu, who was brought up less than a mile from the track, and Rio Woolf, eight, who was born with a bone deficiency in his right leg and runs using a blade.

Christine, who is set to run for Great

Britain at the Rio 2016 Olympic Games, said: "It was fantastic to see so many people running in the Stadium. It's a fantastic event and demonstrates the commitment that Newham Council has made to use the Olympics to get more people into sport and fitness."

This year 1,000 Newham residents had a free place in the 10km run thanks to Newham Council while 500 parents and children took advantage of free places

in the 2km family run. Mayor Sir Robin Wales, who ran the 10km race, said: "It's all about inspiring people, and where else do you get to finish in the greatest stadium in the world?"

Both races toured Queen Elizabeth Olympic Park before finishing in the Stadium. Next year's event takes place on Sunday 2 July and people can find out more at www.greatrun.org/great-newham-london-run



Tomaz Plibersek, from Forest Gate, was the first Newham resident home in third place in 33 mins, 33 secs. He said: "It's always a great feeling as you enter the Stadium."



Robin Stevens, from East Ham, did the family run with children Esme and Tobias. He said: "We are very relieved and happy. The race all went fine, but it's hotter than last year."



Ian Clifford, from Stratford, ran the final part of the race carrying 18-month-old son Ethan. He said: "It's been hot but what a great occasion for both of us."



Alvin Scott-Fisher, from Plaistow, and children Ashton, Ty, and Bailey, did the family run. He said: "The children did well and I'm proud of them. I did the 10k race as well so running into the Stadium twice was tiring but extremely fun."

Young ones go running for fun

Newham Council invested a £40 million repayable loan to become part owners of the former Olympic Stadium in Stratford so that opportunities could be created for residents to enjoy activities in the Stadium for free – and that includes even the youngest residents.

More than 1,900 Newham children benefited from that investment and the legacy of the 2012 Games when they took part in a fun run at the Stadium in Queen Elizabeth Olympic Park.

In what was billed as the world's biggest children's fun run, the INEOS GO Run For Fun event involved almost 4,000 schoolchildren aged between five and ten from all over the country taking part in a two-kilometre dash.

"If we can continue to keep getting kids involved in events like this it will help them learn to live a healthy life in the future."

There was entertainment from X-Factor runners-up Reggie 'N' Bollie, with past and present athletics stars Richard Kilty, Colin Jackson, Emily Diamond, Anna Limbach and Brendan Foster encouraging the children who became the first to run on the newly laid track in the stadium.

The event was arranged by children's running initiative INEOS GO Run For Fun working in

partnership with Newham Council and the Great Run Company.

Mayor Sir Robin Wales was delighted to see the legacy of the 2012 Games in action. He said: "We have such a fantastic Stadium here and getting involved with a campaign like GO Run For Fun is helping us to create a real legacy from the Olympic Games and Paralympic Games.

"To see so many Newham children being able to come here and being able to help them get active from an early age is really important. If we can continue to keep getting kids involved in events like this it will help them learn to live a healthy life in the future."

Reggie 'N' Bollie played a 25-minute set in the warm sunshine. They said: "We are so excited and happy to be in the former Olympic Stadium. We support everything that GO Run For Fun does and everyone needs to go out there and get running."

So far, more than 1,500 schools and 160,000 children nationwide have taken part in GO Run For Fun events, which were started in 2013 to address a lack of physical activity among children.







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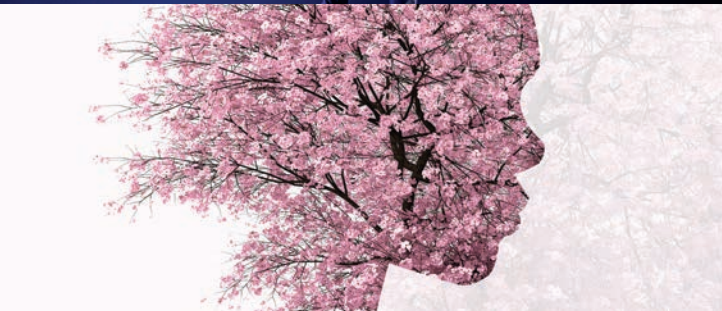


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1 Feb - 11 Mar 2017

Measles – don't let your child catch it

Newham Council, in conjunction with NHS Newham Clinical Commissioning Group, is urging residents to ensure they and their families are protected against measles by having the MMR vaccination.

Residents need to check that they have received two doses of the measles, mumps and rubella (MMR) vaccination.

Since February 2016, 80 cases of measles have been confirmed across North East and North Central London, mainly in unimmunised adolescents and young adults (aged 14 to 40). There has also been a fall in the uptake of MMR vaccine in Newham in the past few months.

MMR is a safe and effective combined vaccine that protects against the three diseases in a single injection. Measles spreads very easily among people who have not had two doses of MMR, particularly children, and is extremely infectious when people are in close proximity to each other.

"It is more important than ever that people make sure they and their families are protected."

Newham GP, Dr Bapu Sathyajith, said: "It is more important than ever that people make sure they and their families are protected. Measles is an extremely nasty disease that is contagious and, in some cases, can lead to symptoms that may be life-threatening.

"The full course of MMR vaccination requires two doses – usually given as part of a child's routine vaccination schedule. Anyone who has not had a completed course of MMR can catch measles, mumps or rubella."

If you are unsure if you have received the vaccination, check with your GP. If you or a family member are experiencing symptoms you should seek medical attention, but phone before visiting your GP so arrangements can be made to prevent others from becoming infected.

If you aren't registered with a GP visit www.nhs.uk to find your nearest practice.

Symptoms of measles include:

- > irritability
- > runny nose
- > conjunctivitis
- > cough and a fever that comes and goes
- > red-brown blotchy rash (after a few days) usually starting on the head or upper neck.



Please don't throw away reusable furniture

If you think your items could be used by someone else, there are furniture reuse organisations in Newham who offer free collections of good quality, fire safe items.



Keep Newham Clean

For more information please visit:

www.newham.gov.uk/reuse

The Royal Victoria Beach returns!

More than 200 tonnes of sand has been brought in to transform the world's largest enclosed docks into an urban seaside. The Royal Victoria Beach has returned to the embankment of Royal Victoria Dock for the fourth time and will be open every day until 29 August. Entry is absolutely free.

The Royal Victoria Beach is organised by Newham Council with key partners and sponsors including the Greater London Authority, Royal Docks Management Authority, ABP London, The Silvertown Partnership, London City Airport and The Hub Group.

This year there will be new additions to the programme including weekly zumba sessions on Tuesdays from 10.30-11.30am, bouncy castles for children on weekends and a selection of street food vendors selling high quality food at affordable prices.

Newham residents can look forward to relaxing on deckchairs, enjoying ice creams, building sandcastles and hanging out in a unique urban space overlooking the spectacular landscape of the Royal Victoria Dock and the iconic skyline. The stretch of the sandy beach will provide a free, family-friendly day out for visitors wanting to experience the urban seaside.

For more information visit
www.newham.gov.uk/summer

Royal Victoria Beach

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Age is no barrier to learning



Education isn't just for the young. For adults it offers a pathway to jobs, it can get you out socially and more active or improve your health and mental well-being. Newham Council's Adult Learning Service (NALS) recruits almost 4,000 students to part-time day and evening courses each year. The service it offers has just been rated 'Good' by Government inspectors.

Courses are offered at four main adult education centres in Forest Gate, West Ham, Manor Park and Beckton and almost 20 other learning centres across the borough.

The inspectors from the Office for Standards in Education, Children's Services and Skills (Ofsted) found a strong focus on teaching skills for employment, a highly inclusive culture in all centres and a good level of teaching on courses that can range from business, catering, hair and beauty, sport and fitness and arts and crafts.

They also noted the expanded programme of courses for people who want to learn English and ways in which tutors set goals for learners. Angelique Grygorcewicz, skills for life manager at NALS, said: "We monitor achievement with all of our learners so they can see their progress. It really boosts their confidence."

Another strength was that courses are available in every community neighbourhood area. Angelique said: "Our focus is to provide what our community wants as well as courses which help develop new skills. Employability is also built into

everything that we do. We ran a one-day workshop for learners interested in starting their own businesses. We had 52 people attend and four went on to start their own businesses with support from learning mentors.

"We develop new courses in partnership with businesses and organisations including Newham's employment service Workplace. Our current focus is on courses in customer services and health and safety as they provide skills and qualifications which are in high demand from employers and are also important for small businesses."

"Our focus is to provide what our community wants as well as courses which help develop new skills. Employability is also built into everything that we do."

Enrolment for new NALS courses starts on 5 September. To find out more visit **www.newhamadultlearning.co.uk**



Partnerships – the key to Newham's educational success



Newham Council believes our residents are our greatest asset and as such we believe in supporting them to become economically active.

That requires close cooperation not just with employers and firms making a contribution to Newham's economy but with those who are educating and training the young people of today to become the workforce of tomorrow.

Mayor Sir Robin Wales believes it is vital that employers, education providers and local authorities work together to ensure that the skills our residents gain are suited to available jobs.

"Our purpose is to ensure that local people benefit from education or training, and that we progress them either into Further Education, Higher Education or careers."

Making sure those residents have the right skills calls for a successful partnership between employers and those who are responsible for educating our residents. Newham College has forged a series of strong partnerships to ensure that students and adult learners can access a wide range of courses.

It was rated as 'Good' by Government inspectors Ofsted which measured the college against a wide set of criteria, one of which focused strongly on its ability to develop partnerships with employers. The college, which has more than 10,000 adult learners, has a strong focus on relevant,



Di Gowland

practical skills to support local people into employment – a strength picked up by Ofsted inspectors.

The college, which has a campus in East Ham, ensures its 2,000 students, aged 16 to 18, all get a

two-week work placement. It also prides itself on providing the highest number of apprenticeships across London, thanks to an extensive network of relationships built with local employers and businesses.



Shivani Rambaran

Di Gowland took over as Principal of Newham College in July 2014, and is ambitious not just for her students, but the staff, employers and stakeholders who all contribute to successful outcomes for everyone involved.

She said: "Our purpose is to ensure that local people benefit from education or training, and that we progress them either into Further Education, Higher Education or careers.

"We know we are the largest provider of apprenticeships in London. We do that with our partners and what we really work hard at on behalf of

our learners is ensuring that we have the resources in place to support the progress of our learners."

"We work to ensure employers influence course design and provide pathways into employment for our students."

That means working closely with employers and key stakeholders including Newham Adult Learning Services, Newham Council,

Workplace and the regeneration team to ensure the college is linked into new initiatives and that it is aware of where the jobs will be.

Di said: "We don't do this alone. We have fantastic staff and robust links with employers and other partners across all sectors. We work to ensure employers influence course design and provide pathways into employment for our students."

"I am a couple of weeks away from finishing my course and already I have multiple job offers."

Shivani Rambaran, 20, is studying digital technologies at Newham College at the Samsung Digital Centre which has partnered with the college for the past three years.

She said: "My course is linked and in partnership with so many organisations. Samsung are a global company and if they are working in partnership with Newham College then we know they are really cutting edge.

"Working with other organisations like Samsung ensures that we are providing students with practical skills so that when they finish their course they can hit the ground running. I am a couple of weeks away from finishing my course and already I have multiple job offers."

Newham College has two campuses: **East Ham Campus**, High Street South, E6 6ER. **Stratford Campus**, Welfare Road, E15 4HT.

For more information on courses go to <http://www.newham.ac.uk/courses/> or call **020 8257 4446**.

For additional details about the Workplace scheme visit www.newham.gov.uk/workplace

HEADSTART NEWHAM



LOTTERY FUNDED



£10 million to boost young mental health

Newham Council is committed to helping our residents develop personal resilience, whatever their age. Half of all adults with mental health issues can trace the start of their problems to childhood or adolescence. Now, a pioneering project led by Newham Council, which builds the mental resilience of our young people, has received a £10 million boost from the Big Lottery Fund.

The Headstart project is backed by schools, voluntary groups, child and adolescent mental health services providers and the NHS Newham Clinical Commissioning Group (CCG).

Last year a survey of 869 Newham schoolchildren found five per cent showed signs of having a significant emotional disorder – including depression, anxiety, self-harm and eating disorders. Six per cent also showed signs of having a behaviour disorder including attention deficit hyperactivity disorder (ADHD).

Headstart is designed to ensure young people aged between ten and 16 at risk of developing mental health problems receive effective support from their school, teachers,

parents and peers. This could be through volunteering, mentoring, taking part in sports or other creative activities.

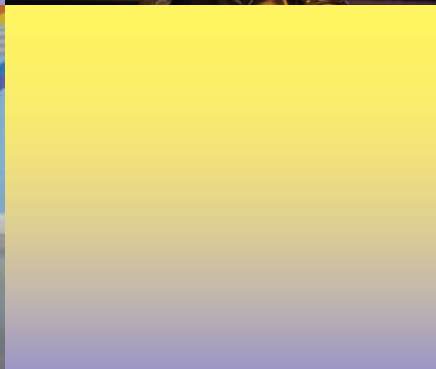
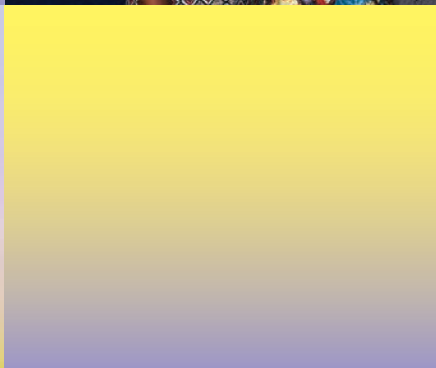
“This is a ringing endorsement of the work we are already doing to support our young people.”

It has already been successfully piloted over the past 18 months in 16 schools and youth zones with an initial £840,000 of Big Lottery Funding. Participants came together recently at Stratford Circus arts centre to showcase Headstart activities, including the Bounce Back confidence scheme, through presentations and performances.

The additional £10 million, spread over five years, will allow the project to be rolled out across 16 secondary schools as well as 40 primary schools, youth zones and other community venues.

It includes a range of initiatives to help improve young people's mental wellbeing including:

- **Working with schools to develop an environment supporting young people's mental wellbeing with specific training for all staff and changes to behaviour policies.**
- **Providing psychological training to young people so they can mentor others.**
- **Providing workshops and courses**



for parents to provide them with the skills, support and information to feel confident in promoting the resilience of their children and other young people at risk.

- **Encouraging vulnerable young people to take part in volunteering projects in their schools and local communities, sport or creative activity courses.**
- **Developing an online resource providing advice and information to support pupils to become more mentally resilient.**

Cabinet member for children and young people, Councillor Quintin Peppiatt, said: "This is a significant investment by the Big

Lottery Fund and is a ringing endorsement of the work we are already doing to support our young people.

"This funding will help build on this work supporting those at risk of developing mental illness already happening across the borough."

"Mental illness can impact on a young person's attainment at school and their chances of finding work. The whole idea behind Headstart is to get in at an early stage and help stop the concerns and challenges young people have from

developing into bigger issues that impact the rest of their lives."

Young Mayor of Newham Alex Jarrett, said: "With the Youth Council we have delivered a number of successful projects helping young people deal with the challenges they are facing and to reduce the stigma around mental health. This funding is fantastic news and will help build on this work supporting those at risk of developing mental illness already happening across the borough."

For more information email **Holly. Jones@newham.gov.uk** or checkout the Headstart online resource at **<http://bouncebacknewham.co.uk>**

SATURDAY & SUNDAY NIGHTS AT UNDER THE STARS

Newham's most popular music event returns to East Ham's Central Park from Thursday 18 to Sunday 21 August. These are four nights of live outdoor music not to be missed and entry is absolutely FREE! Look what's in store for Saturday and Sunday nights at Under the Stars.

SATURDAY 20 AUGUST DANCING IN THE PARK

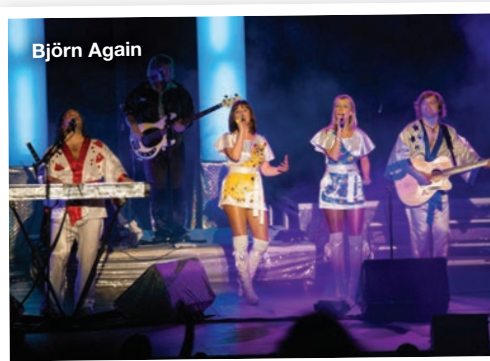
Björn Again

The internationally acclaimed **Björn Again** – the closest you can get to seeing ABBA – will be headlining an evening filled with disco and pop classics. Founded in Melbourne by Australian musician Rod Stephen in 1988, their show has rapidly achieved world-wide cult status and has been acknowledged for singlehandedly initiating the ABBA revival which brought about ABBA Gold, Muriel's Wedding and Mamma Mia! The band have thrilled audiences at more than 6,000 performances, and will bring the sounds of ABBA to East Ham.

Alexander O'Neal

Soul legend **Alexander O'Neal** will take to the Newham stage to perform major club anthems such as "Fake" and "Criticise." His second album "Hearsay" sold more than 700,000

copies in the UK alone and led to a number of sell out tours. All six of his albums have charted in both the UK and USA, and have clocked up more than 162 weeks in the Guinness Book of Albums.



Heatwave

One of the most popular soul bands of the past few decades will open the night with a blend of sweet soul grooves. **Heatwave** are no strangers to chart success with a string of hits reaching the top 20 and super hit "Boogie Nights" climbing all the way to number one in 1977. The band will perform classic dance hits guaranteed to make you boogie!



SUNDAY 21 AUGUST NEWHAM'S PROMS IN THE PARK

Royal Philharmonic Orchestra

The **Royal Philharmonic Orchestra** will once again treat Newham residents to a high quality programme of classical music. Conducted by **John Rigby**, the orchestra will perform popular tracks such as Puccini's "Nessum Dorma" from Turandot, Rossini's "William Tell Overture", Parry's "Jerusalem" and lots of other crowd-pleasing musical pieces.

The orchestra will be accompanied by the thrilling operatic voices of soprano **Deborah Norman** and award winning tenor **John Pierce**. Children from Newham's Every Child a Musician programme, known as the **ECaM Stars Orchestra**, will open the evening of flag-waving and singing with a wonderful performance, and there will be a spectacular **fireworks grand finale**.

No public parking is available, so please use public transport. You may be searched as a condition of entry. No glass bottles or dogs allowed.

FREE!

Thursday 18 to Sunday 21 August

Gates open daily at 6.30pm
Central Park, East Ham, E6

For more information visit
www.newham.gov.uk/UTS

Follow us on Twitter @NewhamLondon

Find us on Facebook NewhamEvents

Look out for for additional details in the next edition of the Newham Mag. Programme is subject to change.



Mayor of
Newham

Job vacancies in catering and cleaning

Workplace is working with Newham Catering and Cleaning Services (NCCS) to fill a significant number of vacancies in catering and cleaning across the borough.

**Catering Assistants – £9.40/hour
– equivalent to £94 for a 10 hour week**

Catering staff work in school kitchens across the borough and assist our Cook Supervisors in meeting the council's objectives to deliver healthier, more nutritious free school meals for all pupils. These jobs are offered on a term time basis only.

Building Cleaners – £9.40/hour – equivalent to £141 for a 15 hour week

Cleaning staff teams cover a wide range of work, ranging from local schools to various council buildings, helping to maintain and improve the standard of buildings and of the learning environment. The majority of work is between 3–6.30pm.

Successful candidates will be offered training on site and can be assigned to any of our designated work sites within the borough, as required. Previous experience is an advantage but is not essential.

For further information about these opportunities, please contact Zeenat Shaikh at Workplace on the details below:

**Workplace,
Boardman House,
64, Broadway,
Stratford,
London,
E15 1NT**

**Tel: 020 3373 1944
www.newhamworkplace.co.uk**



Save time when you do it online



Access information and services at a time that suits you, 24 hours a day, 7 days a week.

www.newham.gov.uk/doitonline

Parking permits, bin queries and bulky and garden waste collection service requests are now online only.

Be part of free childcare trial

Newham Council is part of a £13 million pilot scheme to double the amount of free childcare available to working families with children aged three and four. Those age groups are currently entitled to 15 hours of free childcare, but we and seven other councils are implementing plans to double the offer to 30 hours from September, a year before it is rolled out nationwide.

The council is running a trial with a limited number of families. If you are a resident and have a child born between 1 April 2012 and 31 August 2013 you could qualify to take part. Both parents must be working or the sole parent must be working in a lone parent family.

Newham has received funding for 415 places in the trial, which will be offered to eligible families at selected Newham approved childcare providers.

This is a limited trial offer. There is no entitlement to the full 30-hour offer at the

moment. Because of the limited funding, most parents will not get a place during the trial. Priority will be given to:

- eligible Newham working parent families identified as having children with Special Educational Needs or disabilities
- eligible Newham working parent families with children who already use 15 hours early education or have a confirmed place for September 2016.

Any remaining places will be available to eligible Newham working parent families who want to place their child with our selected providers.

Councillor Quintin Peppiatt, Cabinet member for children and young people, said: "The scheme recognises the hard work of our nurseries, children's centres and approved childcare providers in

supporting the borough's families.

We will be able to support even more parents. The trial will help us to plan and deliver places for all eligible families from September 2017."

For more information email
30hourschildcare@newham.gov.uk
To view the selected providers
taking part in the trial, further
information and the online
application form, visit
www.newham.gov.uk/30freehours



Been coughing for 3 weeks or more?



Dr Ian Watson

Tell your doctor

It could be a sign of lung disease, including cancer. Finding it early makes it more treatable. So don't ignore it, tell your doctor.



Search 'Be Clear on Cancer'

What's on in Newham

Download the free app

From reading groups to Tai Chi, CV writing to children's films, there's something on for everyone in Newham's Community Neighbourhoods.

- Get the latest Newham events and activities information delivered to your phone or tablet
- Available free from Apple App Store and Android Google Play Store

Visit www.newham.gov.uk/communityevents

London Borough of Newham
COMMUNITY NEIGHBOURHOODS





Better to be safe than sorry

The advice that prevention is better than cure has been heeded by so many Newham residents that it is now one of the top places in London for the take up of free health checks.

According to figures from Public Health England more than 11,000 people took the free tests between April 2015 and March 2016 which detect issues including heart and kidney disease, diabetes and potential strokes.

People aged between 40 to 74 are eligible to take the test every five years, and this is the second successive year that more than 11,000 Newham residents have undergone the council-funded checks.

This means that 17.5 per cent of those eligible took the tests – the joint highest percentage take up in London, with Tower Hamlets. Since 2008 a total of 72,721

health checks have been completed in Newham.

This shows the continued joint work between Newham Council and NHS Newham Clinical Commissioning Group to ensure that those at potential risk of developing long term conditions are encouraged to take the tests.

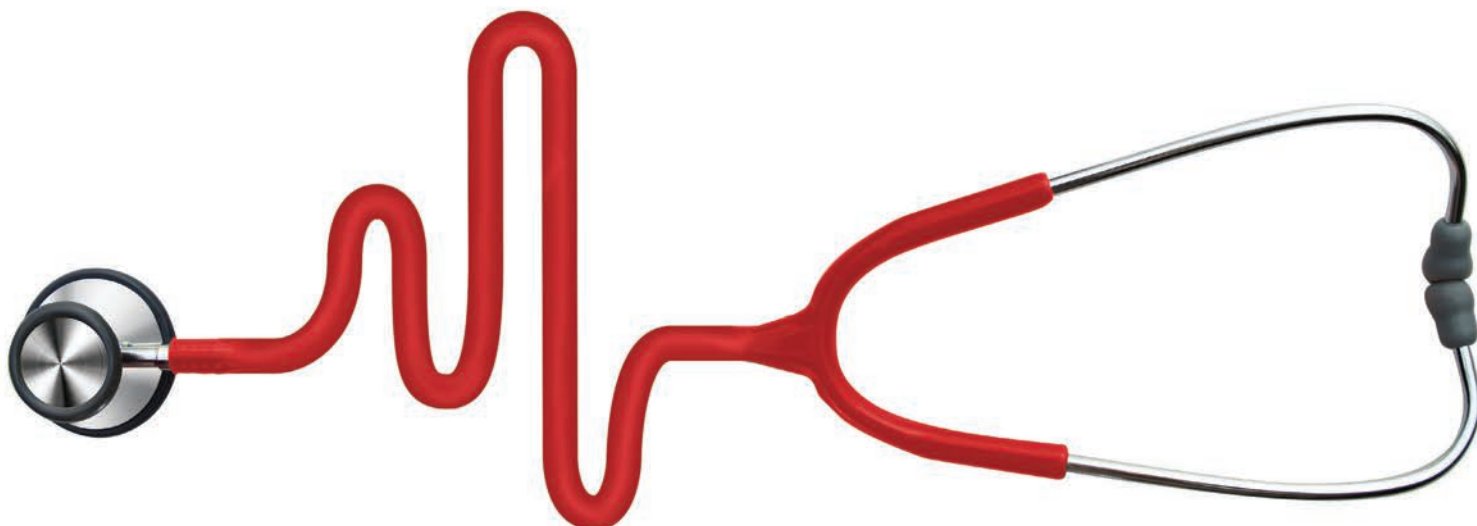
As a result of the tests, a number of patients were made aware of the long-term conditions they were suffering from or were at risk of developing, including:

- > **194 people with diabetes**
- > **402 people at high risk of developing cardio-vascular diseases and are at risk of suffering**

- a heart attack**
- > **475 people at high risk of developing diabetes.**

Councillor Clive Furness, mayoral adviser for adults and health, said: “These tests are a fantastic way of helping with early detection of long term conditions like heart disease and diabetes. The sooner they are spotted the better the chances of helping people make changes to their lifestyles before the diseases seriously impact their lives.”

For more information about the health check go to www.nhs.uk/NHSHealthCheck



Vaccines save lives.

Is your child
fully protected?

Vaccination is a safe and effective way of protecting children against serious infectious diseases like measles, mumps, rubella, meningitis, polio, flu and whooping cough.



Vaccinations for a whole range of illnesses are offered **free of charge** to all children living in the UK by the NHS.

Children should receive vaccines at the following ages:

- Eight weeks
- 12 weeks
- 16 weeks
- Between 12 and 13 months
- Yearly between the age of two and seven years old
- Three years and four months
- 12-13 years (girls only)
- 14 years

For more information about vaccines – and when to have them – visit www.nhs.uk/vaccinations or make an appointment to discuss it with your GP.

If you are not registered with a GP visit www.nhs.uk to find your nearest practice.



SEARCH for the right job

Part of Newham Council's New Deal commitment to residents is helping people to raise their aspirations, increase their skills and boost their employment chances. Twelve young residents with disabilities have just graduated from a supported work placement programme based at Newham University Hospital.

Project SEARCH, a partnership between the council, Newham College and Barts Health NHS Trust, has supported the young people with learning disabilities, including autism, on internships on wards and departments throughout the hospital in Plaistow.

The young people aged 18 and over have learnt new skills and developed their confidence. A tutor from the Supported Employment team at the council's employment service Workplace coached the graduates while they were working.

They also received support with other skills including how to dress for work, behaviours in the work environment and planning routes to work. Five have already

been offered jobs at the hospital and six are waiting for interviews.

Councillor Clive Furness, mayoral adviser for adults and health, presented them with their certificates. He said: "This programme helps residents to raise their aspirations and increase their resilience. Many of them have secured great jobs in the hospital."

Lauren Hilaire, a graduate from the programme, said: "We must all thank our job coach and our tutor for their brilliant support and believing in us. This has helped to transform our lives and we are very grateful."

Fellow graduate, Johanna Marsh, said: "This experience has helped build my

confidence. I enjoyed working as a ward clerk because they made me part of the team and helped build my interpersonal and communication skills. This has prepared me to take up a new job."

Project SEARCH will be running again from September. For more details email Anna-Renee.Paisley@newham.gov.uk or call 020 3373 1101. For other information visit www.newham.gov.uk/employment or www.newham.gov.uk/Workplace

School gets a lesson in poverty

Children in Year 10 at Little Ilford School in Manor Park learned about poverty in all its different forms.

The pupils spent an afternoon discussing issues associated with poverty with a French charity called La Rue Tourne, who had travelled from Paris. The charity, which aims to raise young people's awareness on the issues of homelessness, led a two-hour session almost exclusively in French.

Nina Dada, a teacher of modern foreign languages at the school, said: "The experience was an eye-opener for many students who didn't realise that homelessness had a face, a name, and so many different root causes."

At the end of the session, five students led an assembly in front of 200 of their peers to share their findings and explain how they are already planning to change their approach to homelessness.



Pupils learned about homelessness

Youngsters on crest of a wave

Students from Cumberland School in Plaistow were among around 500 young people who enjoyed an exhilarating day of rafting and canoeing for free at Lee Valley White Water Centre.

They took part in the sixth annual Schools Festival where they rode a rollercoaster of rapids and experienced the twists and turns of the 300m-long 2012 Games course with the rush of 13,000 litres of water per second.

Lee Valley White Water Centre in Hertfordshire hosted the London 2012 canoe slalom event where Team GB won gold and silver. The Cumberland pupils had the opportunity to follow in their footsteps by rafting on the Olympic course.

The students also participated in a variety of activities including kayaking and canoeing on the lake.



Students took part in rafting and canoeing

Banging the drum for culture

Lessons at Woodgrange Infants School in Forest Gate had a distinctly international flavour as pupils immersed themselves in foreign cultures, foods and traditions.

Children spent a week celebrating and learning about a chosen country. They spoke a few words in its native language, tasted or made food and learnt a song or dance.

At the end of the week the whole school came together to watch each other's dance or singing performances.

The week started with a bang as children took part in an African drumming workshop where they learnt about how the drum was used traditionally and how it relates to rhythms heard today.

Monica Secretan, deputy head teacher, said: "We ended the celebrations with a song which the children had been learning in their classes. It was wonderful to have the children singing it together."



Colourful youngsters enjoyed the week

Children get a buzz out of spelling

Youngsters from a dozen schools took part in the final of a spelling competition hosted by word poet Adisa the Verbaliser.

The Newham Spelling Bee Final took place at Elmhurst Primary School in Forest Gate, which was the culmination of hard work and study by children in 31 primary schools in total.

In the final children spelt a range of words and offered accurate definitions. The winners were Kensington Primary School, followed by Vicarage Primary and Hartley Primary. Prizes were handed out by Newham councillors Joy Laguda and Hanif Abdulmuhit.

Jonny Walker, assistant director at the Elmhurst Teaching School Alliance, said: "Children seized the opportunity to dig deeper into their understanding of spelling and of word formation and learned how the English language is influenced by so many other languages and dialects."



Spelling champs with Cllrs Laguda and Abdulmuhit

Festival of voices is a fitting tribute

Pupils from Ranelagh, St Helen's, Star, St Joachim's and Britannia Village primary schools joined together to prove "there's no business like show business".

They raised the roof at the Hackney Empire during the Festival of Voices as they performed old favourites and contemporary songs on the theme of singing in the rain.

The festival, now in its 12th year, was this year a tribute to Ranelagh School's executive head teacher Angela Tapscott who died recently. She helped set up the festival and the Creative Arts Partnership which ensures children at the five schools involved attain the highest standard of education through art and music. The concert also raised £380 for Cancer Research.

Gael Hicks, head teacher at St Helen's Catholic Primary School, said: "The children who take part in this collaborative event of music and song develop their creativity, have increased confidence, respect for others and improved self-esteem."



The schools perform

Kids' Corner



PLEASE SEND YOUR DRAWINGS,
JOKES AND POEMS TO:
KIDS' CORNER, WEST WING
4TH FLOOR, NEWHAM DOCKSIDE
1000 DOCKSIDE ROAD, LONDON E16 2QU
OR EMAIL THEM TO
newham.mag@newham.gov.uk

Don't forget to write your name, age, address and daytime
contact telephone number on the back of your entry

GALLERY



Zara Wong, 6



Jonathan Wong, 6



Yusuf Khan, 6



Alex Scott-Jones, 9



Tickets to Stratford Picturehouse

This issue's winner receives a free family ticket at Stratford Picturehouse, which includes a kid's popcorn and drink.

To be in with a chance of winning this or another great prize send your pictures, jokes and poems to **Kids' Corner, West Wing, Fourth Floor, Newham Dockside, 1000 Dockside Road, London E16 2QU**. Don't forget to write your full name, age, address and daytime contact telephone number on the back of your entry. **Good luck!** Visit www.picturehouses.co.uk to see what's on.



Colour-me-in Wordfit

Poem

Peace on Earth

Verse 1

The world has peace,
When we try to face
Things with a masterpiece
And a smiling face,
To make the world a better
place
For the human race

Chorus

Peace, peace, peace
The world has peace,
Calm and quiet, still and
nice
Peace, peace, peace!!

Verse 2

Release the bad, add the
good and put the peace
Make the world nice with
world peace.

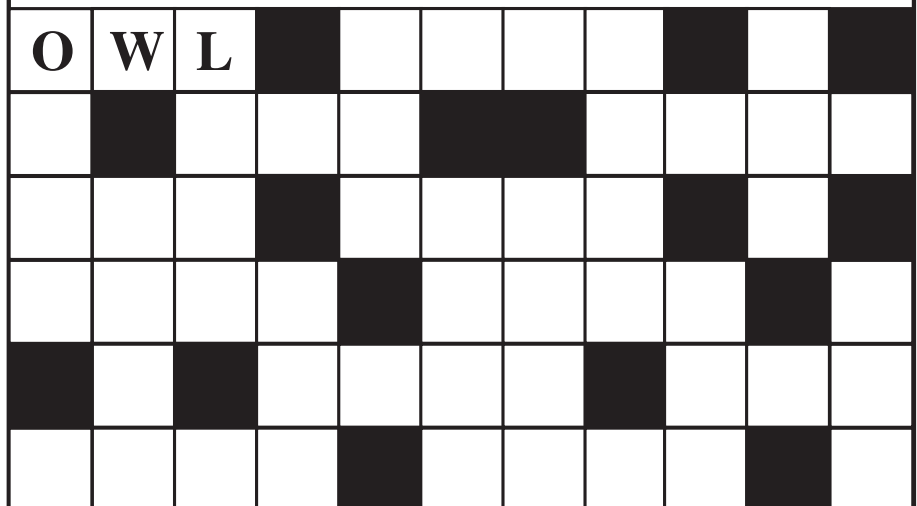
Aditi Ashok, 6

3 letters

DOT
ICE
INK
LEI
NUT
TWO
URN
VEX

4 letters

EDIT
HAND
IBEX
ISLE
LAMP
LION
LURE
MELT
OATH
OVER
PIER
STEM
TURN
WAND



WHAT'S ON?

Download our What's On app at www.newham.gov.uk/neighbourhoodevents

OUR THRILLING THREE...

1 Tai Chi in the Park – Over 18s only (Free)
Forest Lane Park, Magpie Close, Forest Gate.
Meet at Magpie Lodge. Mondays 11am-12noon.

2 Elevated Aspirations Open Mic Session –
Come along and perform if you dare or if you don't
feel so adventurous, you can watch the performance.
Second and last Friday of the month, 6-7.45pm, The
Gate Library, Woodgrange Road, Forest Gate, E7.

3 Yoga and Meditation – Free yoga and
meditation on Wednesdays, 10-11.30am at
Stratford Library, in The Grove, Stratford, E15.

MEMORY LANE CAFÉ

Free monthly cafe
where people with
dementia and their
carers can come
together and share
experiences, exchange
information and
socialise.

Stratford Library,
1.30-3.30pm, first
Friday of the month.



TRY SOMETHING NEW... SINGING FOR THE BRAIN SESSIONS

Free singing sessions to bring people together in a
friendly and stimulating social environment.

Second and Fourth
Tuesday of every month,
from 12.30pm to 2.30pm
at Stratford Library in The
Grove, Stratford, E15.



Indicates free sessions

Libraries unless stated

UNDER-FIVES

Toy Library 
Introducing toddlers to borrowing
toys. *Thurs, 11-12noon, Beckton*


Storytelling 
*Mon 11-11.45am, Tues,
10.30-11.30am, Beckton; Tues
10.30-11.30am, Thurs, 2-3pm,
Plaistow; Sat 11.30am-12noon,
Green St; Tues, 10.45-11.30am,
Canning Town; Tues, 10.30-
11.30am; Thurs, 10-10.30am,
Tues, 10.30-11.30am, East
Ham; Tues 11am-12noon, Fri
11am-12noon, Stratford; Fri,
10.30-11.30am, Manor Park;
Mon, 10.30-11.30am, Custom
House; Tues, 10.30-11.15am,
The Gate*


Stay and Play 
Support for parents and carers
to develop their child through
play.

*Tues, 9.30-11.30am, Jeyes
C.C*


Jiggaree Session 
Fri, 10-11am, Plaistow

Reading Together
Thurs, 2.30-3pm, Custom House 


Rhyme Time 
*Mon, 2.45-3.30pm; Tues, 10.30
-11.15am, North Woolwich*

Bumps and Babies 
*Fri, 1.30-3.30pm, The Gate;
Mon, 1-3pm, Beckton Globe*

Reading Together 
Thurs, 2.30-3pm, Custom House

Early Talk 
Singing with your child to
support early communication
and brain development. *Tues,
9.30-11.30am, Plaistow*

YOUNG PEOPLE

Summer Reading Challenge 
A chance for
children to read six library books

of their own choice during the summer holidays. Challenge runs at Newham libraries from 16 July to 13 Sept at various times. For more info, go to www.newham.gov.uk/readingchallenge

Games Club (7-16yrs) ★

Sony PS3, XBox360, Nintendo Wii, board games and more. **Thurs, 4-6pm, Plaistow**; **Tues, 3.30-5.30pm, Custom House**; **Weds, 3.30-5pm, The Gate**; **Thurs, 4-6pm, Canning Town**; **Mon-Fri, 3.30-5.30pm, Green St**

Young Readers Club (7-12yrs)

Read and discuss your favourite books. **Tues, 4-5.15pm, North Woolwich** ★

East Ham Youth Zone ★

Sony PS4, DJ decks and other activities. **Tues, 4-7pm, East Ham**

Just Dance! ★

Sat, 5.30-6.30pm, Green St

Family Movie Club ★

Free films for all the family. **Fri, 5.30-7pm, Manor Park**; **Sat, 4-5.30pm, Green St**; **Sat, 2pm, Plaistow**

Children's Movie Club (5+)

Thurs, 4-7pm, North Woolwich
Tues, Sat, 4.30-6.30pm, Manor Park; **Thurs, 4-6pm, The Gate**

Board Games Club

Tues, 4-5pm, Sun, 1.30-2.30pm, Stratford; **Weds, 6-7.30pm, Manor Park**; **Sat, 11am-12noon, North Woolwich**; **Fri, 5.30pm-6.30pm, Beckton**

Young People's Positive Activities (9-19yrs) ★

Weds, Fri, 7-9pm, Harold Road Centre

Family Film Night

Sat, 5.30-7.30pm, East Ham

Crafty Challenges

Fri, 5.30-6.15pm. All ages welcome, East Ham

1st Stratford Brownies (7-10 yrs)

Girls only children's group. **Weds, 6-7.30pm, Play Sow and Grow, 6 Gay Rd, Stratford, E15 2RN, £20 per term (10 weeks). Email**

guidinginstratford@outlook.com

East Ham Performing Arts

Fri, 6.30-7.30pm. All ages welcome, East Ham

Family Fun Night

Family fun with arts and crafts to games and quizzes. **Weds, 5.30-7.30pm, East Ham**

East Ham IT Youth Zone ★

Support in using IT for homework, coursework. **Mon, 4-7pm, East Ham**

Children's Chess Club ★

Club for 8 to 16 year olds. **Thurs, 5-6pm, Custom House**

Elevated Aspirations

Performing Arts Summer Programme. The Gate, contact shaka@youngngifted.org or call 07956436743.

Catwalk photos and modelling Mon, Weds 2.30-5.30pm;

Table Tennis, Mon, Tues 2.30-5.30pm; **Dance, Tues, Thurs 2.30-5.30pm**; **Singing, Thurs, Sat 2.30-5.30pm**; **Performance Training, Fri 2.30-5.30pm**

Arts and Craft Workshop ★

(6-12yrs) Tues, 4-6pm, Plaistow; **Sat, 2-3pm, Canning Town**; **Sat, 2-3pm, Custom House**; **Sat, 2-3pm, North Woolwich**; **Sat, 1-2pm, Green St**; **Thurs, 6-7.30pm, Manor Park**; **Mon, 4.45-5.45pm, Beckton Globe**

ACTIVITIES AND SUPPORT



Afternoon tea ★

Weds, 4-5.30pm, Canning Town

Chess Club

Tues, 3.45-5.15pm, Beckton; **Mon, 5.30-7.30pm, and Thurs, 5.30-7.30pm, East Ham**; **Weds, 5.30-7.30pm, Green St**; **Thurs, 5.30-7.30pm, Stratford**; **Tues, 5.30-7.30pm, The Gate**; **Thurs, 5-7pm, Custom House**; **Weds, 3.30-5pm, Plaistow**

Coffee Mornings ★

Tues, 11.30-1pm, Beckton; **Mon 11-12.30pm, North Woolwich**; **Thurs, 10.45-12noon, Canning Town**; **Tues, 11-12.30pm, Custom House**

Do It Online (18yrs+) ★

Six-week or eight-week basic computer training. Advance booking required, contact library directly. **Tues, 10am-12noon, East Ham**; **Weds, 2-4pm, Stratford**; **Tues, 10am-12noon, Katherine Rd C.C**; **Tues, 2-3.30pm, North Woolwich**; **Weds, 2-3.30pm, Beckton Globe**; **Thurs, 1.45-2.45pm, Custom House**; **Weds, 10am-12noon, Plaistow**

Knit & Natter (16yrs+) ★

Weds, 10am-12noon, Beckton; **Fri, 10.45-12noon, Canning Town**; **Fri, 10am-12noon, East Ham**; **Tues, 10.30am-12.30pm, Manor Park**; **Fri, 10am-12pm, Plaistow**

ICT Surgery IT advice for all ages. ★

Fri, 2-4pm, Canning Town

ICT Drop-in Session

Set up a My Newham profile and create an email account. **Fri, 11am-1pm, The Gate**

Deafroots Deaf Club ★

Including quizzes, prizes, refreshments. **Mon, 1.30-3.30pm, Stratford. New members £2, existing members £1. Email angel@deafroots.org. uk or text on 07985 242 778.**

Life in the UK Classes ★

12-week course. Contact 020 8542 3904. **Weds, 10am-12noon, East Ham**; **Weds 12.30-2.30pm, Fri 10am-12noon, Plaistow**; **Fri, 12.30-2.30pm, Green St**; **Tues, 12noon-2pm, Stratford**; **Tues, 10am-12noon, Beckton Globe**

ESOL for Beginners ★

Thurs, 9.30am-2pm, Katherine Rd C.C. Call 020 8548 9825 to enrol.

Ballroom Dancing ★

(18yrs+) Tues, 2-3pm, Beckton C.C; **Thurs, 2.30-4pm, Field C.C**

Citizens Advice Sessions

Advice sessions on money management, energy saving and debt. Appointment only. **Mon, 11am-1pm, Manor Park**

Introduction to Newham

Online Course More than 500 free courses. **Sat, 11am-12.30pm, Manor Park**

Basic Computer Skills Fri, 10.30am-12.30pm, Manor Park

My Newham Workshop ★

Register with My Newham and access council services. **Tues, 6-7.30pm, Manor Park**

Stratford London

Toastmasters Public speaking & leadership club. **1st and 3rd Monday of each month, 6-8pm, Stratford**

Docklands Drop-In Group

Weds, 1-3pm, Beckton C.C.

Chai and Chat Women

Group (18+) For women who use mental health service only. **Weds, 10.30-12.30pm, Plaistow**

BPCA Day Care Centre

For people with multiple disabilities. **Mon-Fri, 9am-4pm, Beckton C.C.**

Get Connected ★

Bring your own device. **Weds, 2-3.30pm, Plaistow**

English Conversation Club

Mon, 6-7.30pm, Manor Park; **Weds, 10.30-11.30am, Manor Park**; **Thurs, 3-4pm, Rabbits Rd Institute**; **Mon, 11-12noon, East Ham**; **Tues, Weds, 10.30-11.30am, Beckton Globe**; **Sat, 10-12noon, Stratford**; **Mon, 10-11am, Plaistow**

Model Train Workshop

Mon, 12.30-3.30pm, North Woolwich

Martial Arts (7-12yrs)

£2. Tues, 6.45-7.45pm; **Thurs, 4.45-5.45pm, Beckton Globe**

Basic English for

Beginners **Mon, Weds and Thurs, 10.30-11.30am, Green St**

Acupressure (16+)

Relieve physical and medical problems with pressure points. **£5 per session. Sat, 1-3pm, Plaistow**

National Careers Service

Advice on careers and qualifications. To book call

07415241941. 1st and 3rd
Thurs of the month, Stratford

Poetry Group (16+)

Fun and practical art class
(poetry focus). For more info
email sonesquin@hotmail.com
Weds, 11am-1pm, Stratford

Workplace Drop-Ins

For Newham residents seeking
employment to discuss job
vacancies, training etc. Thurs,
4 Aug, 2.30-4pm, Canning
Town; Weds, 10 Aug, 2-4pm,
Stratford. For more info email:
rehana.b@newham.gov.uk

Creative Writing

Thurs, 4 Aug, 6.30-8pm,
Beckton Globe

Stitch and Mend

Learn to use sewing machine
while working on your project
or join with apron making.

Tues, 10-12noon, Play, Sow
and Grow at 6 Gay Road,
Stratford, E15

International Lunch Club

Cost £3 per meal. First come,
first served. Mon, 12noon,
Beckton C.C.

UEL Drop-in

Tues, 2 Aug, 10.30-12.30pm,
The Gate

Grants Surgery

Drop in for guidance and to
find out more about applying
for "Lets Get the Party Started"
and "Go For It" grants.

Thurs, 11 Aug, 4-6pm, Manor
Park; Tues, 11-12non, The Gate

Dominoes (13+)

Learn new or brush up on the
basics of the game. Sat, 2.30-
7pm, Beckton Globe

COMMUNITY ACTIVITIES



Mums2be Meetup

Information and support for
expectant parents. 3rd Sat of
every month, 10-11am. Email
newham@nct.org.uk

Mums, Bumps and Babies

Fri in various cafes around
Newham. Visit www.netmums.com

or email jojostevie@live.com

Junior Volunteer Police Cadets (10-12 yrs, term time)

Weds, 3.30-5pm, Little Ilford
School, Browning Rd, E12, £1.

Senior Volunteer Police Cadets (13-17 yrs)

Weds,
6.30-9pm, Little Ilford School,
Browning Rd, E12, £2.50. Thurs,
6.30-9pm, Eastlea Community
School, Exning Rd, E16, £2.50.
Call 07500 881 378

Newham Super Choir

Tues, 10.30-12noon, Beckton
C.C., £3.50, 1st session free

ManorFam

Bringing local families together,
to share experiences, support
each other and make friends
as well as engage in different
craft activities. Mon, 10.30-
12.30pm, Manor Park

BOXING AND SELF DEFENCE



Boxing (Newham College)

Mon, 5-6pm, East Ham
College, High St South, E6

Fight For Peace Boxing

Mon to Fri, 4-5pm 10-14yrs;
Mon to Fri, 5-9pm, 14+yrs
Woodman St, North Woolwich,
E16. Call 020 7474 0054

Boxing and Self Defence

(16+) Tues, 5-6pm, Jack
Cornwell C.C

Street Self Defence

12 week course. Weds, 6.45-
8pm, Altmere Infants School,
Altmere Ave, E6 2BX. Call 07484
326 853 for more details

West Ham Boys ABC

Mon, Weds, Fri, mixed (8-16yrs),
5-6pm, Sat, boys (6-11yrs),
10-11am, girls (7-16yrs), 11am-
12noon, £2. 2 London Rd, E13.
Call 020 8472 3614

Martial Arts

Learn new skills, gain self
defence techniques, boost
confidence. For adults, £3.
Thurs, 6pm-7pm, Beckton Globe

HEALTH AND FITNESS



Salsa Dancing (18yrs+)

Mon, 3.15-4.45pm, Beckton
C.C; Tues, 11.45am-12.45pm,
Field C.C

Nordic Walking Weds, 9.15-
10.30am. Meet at Field C.C. Not
suitable for wheelchairs.

Tai Chi Class

Fri, 10-11am, Beckton C.C. Fri,
11am-12noon, The Gate. Fri,
5-6pm, Beckton Globe

Yoga

Mon, 6-7.30pm, Beckton Globe;
Mon, 6-7.30pm, Green St,
£1. Sat, 10am-12noon, Thurs,
6-7.45pm, Plaistow; Thurs,
6.15-7.45pm, The Gate; Sat,
10am-12noon, Plaistow; Thurs,
6.30-7.30am, Grassroots; Mon,
6-7pm, Beckton Globe; Weds,
6-7.30pm, East Ham, £1

Tone-Tastic

18+ Mon, 2-3pm, Weds, 9.30-
10.30am, Field C.C.

Aerobics

Tues, 9.30-10.30am, Jack
Cornwell C.C £2

Keep Fit to Salsa (18+)

Sat, 2.30-4pm, The Gate

Zumba

Tues, 10.30-11.30am, Field C.C;
Mon, 9.30-10.30am, £3; Fri,
9.30-10.30am, £2, Jack Cornwell
C.C; registration essential, contact
bodyshapefitness@gmail.com,
Tues, 5-6pm, mixed; Thurs, 10-
15-11.15am, women only, £2.50,
Stratford; Fri, 12.30-1.30pm, for
over 50s, The Hub; Thurs, 4.30-
5.30pm, Plaistow

Slimming World Mon, 5.30-
9pm, Beckton C.C. £5

Walking Group

Fun walk, warm up games and
cool down with light refreshment.
All ages. Meet at the library. Sat,
10am-11am, Plaistow

Park Life Walks

Free guided walks to local
parks. All ages and abilities,
families welcome. Mon, 10.30,

Green St; Tues, 11.30am-
12.30pm, Beckton Globe

Zumba

UnityZumba. All 8-9pm. Mon,
Lister Room, East Ham Town
Hall; Tues, St Mark's C.C,
Tollgate Rd, Beckton; Weds,
Lister Room, East Ham Town
Hall; Thurs, St Mark's C.C,
Tollgate Rd, Beckton. All sessions
£5. Book at 07886 884573 or at
info@ufdance.co.uk

Zumba for Men

Come along and try Zumba
regular sessions. No need for
prior experience, numbers are
limited, so arrive on time to
ensure your place. 18+.
Weds, 6-7pm, Stratford

Buggy Fit

Free guided walk to the local
park with your buggy. For
parents/carers. Tues, 11.30-
12.30pm, The Gate

50+ ACTIVITIES



Bingo (50+yrs)

Mon, 1-2pm, Beckton C.C;
Mon, 12-4pm, Jeyes C.C; Thurs,
7-9pm, Jack Cornwell C.C

ICCAN

Faith based group with cultural
activities. Fri, 12-2pm, Jeyes C.C

Active Centre 50+ Group

Weds, 12noon-4pm, Field
C.C; Mon, Weds, Fri, 1.30-
4pm, Beckton C. C.

Dominoes Group

Fri, 6-10pm, Field C.C

Chair Based Yoga

Tues, 12.30-1.30pm, Manor Park

Forever Young

Enjoy community activities
and make new friends. Weds,
11am-1pm, Beckton; Weds,
10.30am-12.30pm, Field C.C.

Happy Living Club

Indoor and outdoor activities. Tues,
Weds 1.30-5.30pm, Jeyes C.C

Holiday Spanish Club

Weds, 12.30-1.30pm, Manor Park

Walking Football

Tues, Sat, 10-11am, Flanders

Field, E6 2SG. Email mark.blythe@bonnydowns.org or call 020 8586 7070.

Steel Pan Music Therapy

For people with learning and physical disabilities, dementia and stroke. **Fri, 11.30am-1.30pm, Beckton C.C**

Get Active, Get Healthy, and Exercises for Fitness

Thurs, 11-12noon, Jack Cornwell C.C.

Line Dancing

Weds, 12.15-1.15pm, £2.50, Well Community Centre, East Ham

Get Active, Get Healthy

- Walk to the Park Mon, 10.30-11.30am, Manor Park Library

Backercise

Tues, 6-7pm, The Gate

Drop-in Embroidery Class

Mon, 11am-1pm, East Ham

Get Active Get Healthy,

Zumba/Salsa For men and women aged 50+. **Thurs, 10-11am, until 29 Sep, Barking Rd Community Centre.**

Health and Well Being

Tips for healthy diet & cooking. **Thurs, 9 June-4 Aug, 3-4.30pm, 3.30-4.30pm, Jeyes C.C**

Get Active Get Healthy, Line Dancing and Folk

Dance Suitable for all levels, open to men and women. **Thurs, 11am-12noon, Barking Rd C.C until 29 Sept**

Taste of Fitness

Taster sessions in a range of fun exercise styles. Suitable for all levels, men and women. **Thurs, 6-7.30pm, East Ham**

Community Food Growing

Project Come and grow food together in our new community growing space. **Meet at the library Weds, 10am-12noon, East Ham**

Community Cooking Project

Six-week course. Learn to cook tasty and nutritious dishes. Advance booking is required. Contact site for more information. **Weds, 11-4.5am-1.15pm, East**

Ham, £6 for the course

Tea and Games **Weds, 1-3pm, Jack Cornwell C.C.**

Over 50s tea dance

Weds, 2.30-4pm, until 31 Aug, The Hub C.C

Zumba & Indian Dance

Designed for 50+ but all ages welcome. **Fri, 12noon-1pm, Jeyes C.C.**

Chair Based Exercises

Come along and try out regular exercise sessions. Numbers are limited, so arrive on time to ensure your place. **Weds, 10.45-11.45am, Community Road Centre, Stratford**

GREEN

Green Gym **Weds, 10am-1pm, and last Sat of month, meet at Visitor Centre in East Ham Nature Reserve, Norman Rd, E6. Call 07845 973 156**

Green Volunteering **Tues and Thurs, 10am-2pm Silvertown Wy, E16 (opp. Hallsville Rd)**

Garden Club

Tues, 1-3pm, Thurs, 4-7pm, Sat, 10am-4pm, Abbey Gdns, Bakers Row, E15

Gardening Thymes

Gardening Club **Fri, 11am-1pm, Bowling Green, Central Park, High St South, E6**

Grow Together Be Together Community Gardening

Club **Weds, 10am-1pm. Sat, 1pm-3pm, Flanders Field, Melbourne Rd entrance, E6. Call 020 8586 7070**

Caravanserai Garden

Volunteering **Thurs and Sat, 11am-3pm, Silvertown Wy, E16. For information call 07773 863 384**

Community Gardening

Tues, 11.30am-2.30pm, St John's Green Community Garden

DOORSTEP CLUBS

Call 0300 124 0123. unless otherwise stated.

Athletics Club (14yrs+)

A multi-sport session focusing on athletics, football and the gym. **Tues, 6-7pm, Newham Leisure Centre, E13. Call 07718 394 756**

Gym & Basketball (14yrs+)

Tues, 6-10pm, £2, Rokeby School, Barking Rd, E16

FEMALE SPORTS

Basketball Sessions

Tues, 4-5pm, Chobham Academy, 40 Cheering Ln, E20

Female Boxfit (14yrs+)

Mon, 4.15-5.15pm, Balaam Leisure Centre, E13. Call 07970 783 526

Girls Group Cycling (11-15 yrs)

Tues and Thurs, 5-5.30pm, Newham Leisure Centre, E13

Modern Amis Martial Arts

(16yrs+) **Tues, 5-6pm, Jack Cornwell C.C. Ring 07473 030 250**

Female Only Gym Sessions

Mon, 3-4pm, 16-25yrs. Mon and Weds, 7.30-10.30pm. Tues and Thurs, 12noon-1.30pm. Sun, 3-5pm, 11-15yrs, Newham Leisure Centre, E13. £4.65

Get Back into Netball **Tues, 6-7.30pm, juniors; 7.30-9pm, seniors. £2. Lister Community School, E13. Call 07717 281 529**

Abs Blast (11-15yrs)

Thurs, 5.30-6.30pm, £3.10, Newham Leisure Centre, E13

Fun Female Fitness

(14yrs+) **Weds, 5-6pm, Newham College, East Ham Campus, E6 6ER. Email: sports@newham.ac.uk**

Netball (14yrs+)

Mon, 5-6pm, Newham College, East Ham Campus, E6 6ER. £1 for non-Newham College students. Email: sports@newham.ac.uk

Female Only Zumba

Tues, 6-7pm, Forest Gate Community School, Forest Ln, E7. Thurs, 6.30-9pm, The Well C.C, Vicarage Ln, E6. £1. Call

07741 292 902; **Thurs, 10.15-11.15am, Stratford, £2.50; Mon, Weds, 6.30-7.30pm, Asta Community Hub, 14A Camel Road, E16 2DE. £2.50**

Dare2Dance (12-16yrs)

Street dance, Fri, 3.30-5.30pm, Newham Leisure Centre, E13

SPORTS AND PHYSICAL ACTIVITIES FOR DISABLED PEOPLE

Ability Club (14-25yrs)

Multi sports for disabled young people. **Weds, 5.30-6.30pm and Fri, 4.45-6pm, NewVic, E13**

Swim for Families Dealing with Autism

Weds, 4-5pm, Balaam Leisure Centre, E13. Call 0300 124 0123

Family Swims

Sat, 4.30-5.30pm, Newham Otters Swimming Club, Newham Leisure Centre, E13. Call 0300 124 0123. Sun, 12.30-2pm, Family Swim, Balaam Leisure Centre, E13. £5. Call 0300 124 0123.

Get Fit for Free

Tues, 1.30-3.30pm and Fri, 10am-12noon. Gym use for people with learning disabilities. Newham Leisure Centre, E13. To book an induction call 0300 124 0123

RUNNING

Beckton Park Run

Sat, 9am, Beckton Park South, E16. Call 07718 394 756 www.parkrun.org/beckton

Run England

£2 unless stated. Sun, 10am-12noon, Newham Leisure Centre, E13 (meet on track). Mon, 4-5.30pm, Newham Leisure Centre, E13 (meet on track). Mon, 5.45-6.45pm, Newham Dockside, E16 (meet at reception). Weds, 12noon-1pm, Newham Dockside, E16 (meet at reception). Thurs, 5.15-6.15pm, UEL Docklands Campus, E16 (meet at reception). Sat, 10-11.30am, Wanstead Flats, E12 (meet at Harrow Rd Changing Pavilion). Sat, 10-11.30am,

Memorial Park, E15, £4 (meet at car park). Call 07718 394 874.

East End Road Runners

Tues and Thurs, 7pm. Sun, 9am. Meet on the track. Coached sessions for all abilities. Newham Leisure Centre, E13. Call 07979 261 647.

SPORTS



Cricket (14yrs+)

Tues, 6-8pm, Newham Sixth Form College, E13. Call 07476 269 226

Lister Table Tennis

Satellite Club (11-25yrs)

Weds, 6.30-8pm, Newham Sixth Form College, E13. £1. For information call 07888 830 179

Indoor Cricket (8-16yrs)

Weds, 6-8pm, £2, Lister Community School, E13, email michelle.daniel@activeNewham.org.uk

Black Arrows

Badminton Club

Adults: Fri, 7-9pm, Juniors: Sat, 10am-12noon, £3.70, East Ham LC. Adults: Weds, 7-10pm, UEL SportsDock. Call 07932 037 173

Newham and Essex Beagles Athletics Club

Mon and Weds, 6-9pm. Foundation groups (8-10yrs). Mon, 7-8pm and Weds, 6-7pm, £5. Terence McMillan Stadium, Newham Leisure Centre, E13. www.newhamandessexbeagles.co.uk

BMX (6-16yrs)

Sun, 10am-12noon, £3. Gooseley Playing Fields, St Albans Ave, E6. Call 07961 333 615

Adult Tennis (16+)

Sat: 9-10am, 10-11am, 11-12pm, Central Park (tennis courts), High St South, East Ham, E6 6ET. Sun: 9-10am, 10-11am, 11-12pm, Stratford Park (tennis courts), West

Ham Ln, Stratford, E15 4PT Contact: michelle.daniel@activenewham.org.uk 07741 293 513

Table Tennis (14yrs)

Thurs, 4.40-6pm, Newham College, East Ham Campus, E6 6ER. Email: sports@newham.ac.uk

Volleyball with Newham College (14yrs+)

Thurs, 5.30-7pm, East Ham Leisure Centre Email: sports@newham.ac.uk

FOOTBALL



AIR Football (16yrs+)

Tues, 1-3pm, Fri, 10am-12noon, Memorial Park, Memorial Ave, E15. Fri, 3-5pm, Beckton Powerleague, E6. Visit www.airfootball.co.uk

Football and Athletics

Thurs, 4-5.30pm, Britannia Village, 65 Evelyn Rd, E16

Football & Multi Sports

Mon, 4-5.30pm, Newham Leisure Centre, E13. Weds, 5-6pm, Stratford MUGA, West Ham Ln, E15

Mayor's Football League

U10yrs, U12yrs, Mon, 4.30-6pm, U16yrs, U18yrs, 6-7pm Newham Leisure Centre, E13

Premier League (16yrs+)

6-a-side (4 subs) Weds, 7-10pm, Newham Leisure Centre, E13

WHU Kicks

Mon, Tues, Fri, 4-7pm, WHUCST, Beckton 3G, 60A Albatross Cl, E6. Thurs, 6.30-7.30pm, Little Ilford Learning Zone, 1 Rectory Rd, E12. Thurs, 6.30-7.30pm, Stratford Park MUGA, West Ham Ln, E15. Sat 10.30am-12noon, Newham Leisure Centre, E13

Ascension Football

Sat, 10-11.30am, £3. Reception to 11yrs. King George V Park, King George Ave, E16. Call 07806 584 925

BASKETBALL



Basketball & Multi Sports

Fri, 5-6.30pm, 8-19yrs, Snowhill MUGA, Snowhill Rd, E12

Basketball Sessions

Thurs, 5.30-6.30pm, Little Ilford Learning Zone, 1 Rectory Rd, E12

National League

Mon, 6-8pm, U13/14yrs, Tues, 6-8pm, U15/16yrs, Rokeby School, E16. Thurs, 4.30-6pm, U13/14yrs boys, U14yrs girls; 6-8pm, U16yrs, Newham Leisure Centre, E13, 6-8pm, U18yrs, Cumberland School, E13

NCFE Sports -

Basketball

Thurs, 5-7pm, East Ham Leisure Centre. To register email sports@newham.ac.uk or call 020 8257 4255

Senior Programme

Mon, 7.30-9.30pm, Division 2 women and division 3/4 men. Rokeby School, E16. Call 07947 401 616

Basketball (14yrs+)

Tues, 5.30-6.30pm, Forest Gate Community School, E7 9BB. Email: sports@newham.ac.uk

COMMITTEE MEETINGS

All meetings take place at Newham Town Hall, Barking Road, E6, unless otherwise stated.

Weds, Aug 3, 7pm, Audit Board

CONTACT THE MAYOR

The Mayor does not hold face to face and telephone surgeries in August. Any query will still be answered if you email mayor@newham.gov.uk or write to Mayor Sir Robin Wales, London Borough of Newham, Newham Dockside, 1000 Dockside Road London E16 2QU

CONTACT DETAILS

LIBRARIES & COMMUNITY NEIGHBOURHOODS

Beckton Globe 1 Kingsford Wy, E6
Canning Town Barking Rd, E16
Custom House Prince Regent Ln, E16
East Ham 328 Barking Rd, E6
Green Street 337-341 Green St, E13
The Gate 6-8 Woodgrange Rd, E7
Manor Park 685-691 Romford Rd, E12
North Woolwich 5 Pier Parade, E16
Plaistow North St, E13
Stratford 3 The Grove, E15
Archives and Local Studies 020 3373 6881
Community Outreach 020 337 30813
Church of God 37 Manor Park Road, E12, 020 8911 9494
The International Quarter Marketing Suite Celebration Avenue, E20 1DB

LEISURE & SPORTS VENUES

Atherton Leisure Centre 189 Romford Rd, E15
Balaam Leisure Centre 14 Balaam St, E13
East Ham Leisure Centre 324 Barking Rd, E6
Newham Leisure Centre 281 Prince Regent Ln, E13
NewVic Prince Regent Ln, E13
UEL SportsDock Docklands Campus, University Wy, E16

COMMUNITY CENTRES (C.C)

Beckton Community Centre 14 Manor Wy, E6, 020 7511 1214
East Ham Market Hall Myrtle Rd, E6 1HY, 01708 740 092
Field Community Centre 147 Station Rd, E7 020 8536 2800
Grassroots Centre Memorial Park, Memorial Ave, E15, 020 3373 0650
The Hub 123 Star Ln, E16 020 3373 0750
Jack Cornwell Community Centre Jack Cornwell St, E12 020 8553 3459
Jeyes Community Centre 1 James Cl, E13, 020 3373 2205
Katherine Rd Community Centre 254 Katherine Rd, E7, 020 8548 9825
St Mark's Community Centre 218 Tollgate Rd, E6, 020 7474 1687
Vicarage Ln Community Centre Govier Cl, E15, 020 8519 0235
Harold Rd Centre 170 Harold Road, E13 OSE, 020 8472 2805
Queens Market Green St, E13
Rabbits Rd Institute 835 Romford Rd, London E12 5JY
Royal Docks Learning Activity Centre Albert Rd, North Woolwich, E16 2JB
St John's Green Community Garden Albert Rd, North Woolwich E16 2JB

UNDER THE STARS

FOUR NIGHTS OF **FREE** LIVE OUTDOOR MUSIC

THURSDAY 18 AUGUST

**JUNIOR MARVIN'S
★ WAILERS ★**

**THE LEE THOMPSON
SKA ORCHESTRA**

SANDRA CROSS

FRIDAY 19 AUGUST

JAZ DHAMI

IMRAN KHAN

ZACK KNIGHT

HEMINA SHAH

HOSTED BY TOMMY SANDHU & DJ SACHY

SATURDAY 20 AUGUST

Björn Again

ALEXANDER O'NEAL

HEATWAVE

SUNDAY 21 AUGUST

**ROYAL
PHILHARMONIC
ORCHESTRA**

**FIREWORKS
GRAND FINALE**

Central Park, East Ham, E6 | Gates Open 6.30pm daily

Visit www.newham.gov.uk/uts

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No parking on site, please use public transport. You may be searched as a condition of entry.
No glass bottles or dogs allowed on site. Programme subject to change.

**Mayor of
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”

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